

THE NAIAD PRESS, INC. CELEBRATES ITS 25TH ANNIVERSARY

Naiad press, founded January 1, 1973, publisher of over 400 books and producer of lesbian videos and CD's turns 25 years old on January 1, 1998. Barbara Grier and Donna J. McBride, founders of Naiad, worked without any salary for the first nine years. Presently, Naiad, employs eight full time employees and two part-timers. Naiad is a leader in the gay/lesbian community not only for its product but for its financial support of the community. Seeing the millennium around the corner, Naiad has put up a web site as of January 1, 1998 at WWW.NAIADPRESS.COM Our wish for the new year.....congratulations and continued success to the Naiad Press

CATCH THE ABL ON FOX SPORTS NET CABLE CHANNEL 22 OR LOCAL TV 46 (UHF) ON SUNDAYS 7:00 P.M. ET & ON BET SPORTS CABLE CHANNEL 18 ON SATURDAYS 7:00 P.M. ET



NEW TIME : NEW PLACE

The National Women's Festival is moving to Ball State University, in Muncie (one hour northeast of Indy) and will be held June 25-28, 1998 The change is the result of building renovations at I.U., where the festival has been located for 16 years. NWMF planners anticipate larger attendance numbers for the 1998 festival because of the date change and the closer proximity to northern Ohio and Michigan.

Attendance is normally in the 2200 to 2500 range. The NWMF is the oldest women's festival in the country and is unique in that all of the events are held indoors. All concerts, workshops, and events are held in campus facilities, and participants stay in a campus dorm or local hotels. More than 65 craftswomen and artists set up a mini shopping mall. If you would like to be on the mailing list to receive future mailings, write NWMF, P.O. Box 1427, Indianapolis, IN. 46205-1427 or call 317-927-9355 for more information

e-mail: wia@indy.net or check out the Web page at <http://www.al.com/wia> (note: that's the number one, not the letter L)

Received mid-December.....from The Elkhart Services Bureau, Inc.....a thank you letter for printing their request for Switchboard Concern contacts. Three womyn responded.

Beginning January 1, Switchboard Concern will begin some exciting changes. Their name will change to Info/Helpline and Dixie Roberts will take over as director. Info/Helpline will continue to be available 24 hours a day, 7 days a week for crisis intervention, suicide prevention, Information and Referral.....and for those who are "just" lonely and need someone to listen. Their telephone numbers are (219) 293-8671 or 1-800-808-HELP (4357)

Martha Meek and Teresa Myers announce the opening of
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The Kalamazoo Gay/Lesbian Resource Center has moved its webpage and turned it into a website. The new address for the website is...www.net-link.net/~optik/kglr Help make this site a success by e-mailing or calling with calendar items.
e-mail: kglr@geocities.com
phone: 616-345-5458

OPEN ARMS IS PUBLISHED AND RUN BY A VOLUNTEER STAFF. WE ARE LOOKING FOR ADDITIONAL WIMMIN TO HELP WITH THE NEWSLETTER. IF YOU HAVE A FEW HOURS TO DEVOTE JUST ONCE A MONTH, PLEASE CONTACT US BY PHONE OR E-MAIL.

OPEN ARMS DEADLINE/MEETING

The deadline for the February newsletter is Jan. 15th. Submissions received after Jan. 15th may not be published in the February newsletter. Mail submissions to Open Arms, P.O. Box 845, Mishawaka, IN or give to any staff member. For more information call or e-mail any staff member.....

E-mail address	mdills@juno.com
E-mail address	suze3@juno.com
Kaye & Marcia.....	219-271-0338
Suze.....	219-254-8676 (beeper)

community events

"SINGLED OUT" singles group

We are really having good times. Hope you will join us for the next event... Although these activities are being planned with single womyn in mind, no one is excluded and everyone is welcome.....Any questions??? call Janine at 219-259-5111 or Debbie at 616-687-9535

UPCOMING ACTIVITIES:

Saturday, January 17, at 6:00 P.M. - -

Potluck and a movie. A warm and cozy, casual evening at Linda's house in Mishawaka. Just bring yourself and a dish to pass. Call Linda (219) 257-9082 or Lynn (219) 259-6801 for more information and directions

3rd Friday Out,
call Lori/Sherrill (616-684-6913)

If you get the answering machine, please leave a phone # so that we can confirm location and time

Saturday, January 24,.....Mountain Moving Coffee-house... 1650 West Foster, Ebenezer Lutheran Church, Andersonville, Illinois (773)-973-9934

"The Lost Culture of Women's Liberation- The Predynastic Phase 1969-1974 "(by Suzanne Bellamy) A feminist archeological spoof- a dig 500 years in the future at a Womyn's Liberation sacred site outpost in Australia. Based on real events and documented artifacts, it explores through humor how womyn's liberation began and how it might be seen in the future, with slides and storytelling and lots of laughs. Suzanne is an Australian feminist artist and writer, spending a lot of time in the United States doing talks and projects.

Saturday, Feb. 7....MMCH....Literary Exchange Annual Black Herstory Month Celebration

GIRLZ 'N THE SNOW

February 5, 6, 7, 8, 1998

Women's Winter Weekend at Copper Mountain Resort, Colorado all proceeds to benefit The National Center for Lesbian Rights. Skiing, snowboarding, snowshoeing, parties, dancing, live entertainment (inc. Suzanne Westenhoefer) are just part of the events planned for the 4-day weekend. CALL 303-433-9234 FOR INFO AND REGISTRATION

Friday February 13, 8:00 pm

Saturday February 14, 8:00 pm

At the Madame Walker Theater Center in Indy,
Sweet Honey In The Rock,Grammy Award-winning ensemble that has been engaging audiences for over

20 years. These poets and activists are dedicated to preserving and celebrating African-American culture and singing traditions. Order your tickets by phone at any TicketMaster outlet. Call 317-239-5151 or by mail MWTC, 617 Indiana Avenue, Indianapolis

Saturday, March 7, at 6:30 pm.....MWTC

In celebration of Women's History Month, women poets perform and talk about the spoken work,featuring Indy poet, Karen Pope for more info on this event call 317-236-2099

LESBIAN SUPPORT GROUP

EVERY TUESDAY. 7-9 P.M. FOR INFO: WRITE TO LSG, P.O. BOX 1612, MISHAWAKA, IND. 46544

Kalamazoo Gay/Lesbian Resource Center

C.A.R.E.S Building, Lower Level

629 Pioneer Street, Kalamazoo, Mich. 49001

voice mail: (616) 349-4234

Want to help support this community center??

Please volunteer your time to help staff the office, donate materials such as office supplies and equipment, books, magazines and educational videos, get the word out to friends and send a check to help support office expenses.

Every Sunday Morning 9:30 A.MA Wimmings' Group meets for breakfast at Theo & Stacy's 4311 S. Westnedge , Kalamazoo, MI.....open to all wimmin

Lesbian Growth & Support Group meets Monday nights 7-8:30 pm, Fort Wayne Woman's Bureau at 303 E. Washington, Fort Wayne. For More Information....219-424-7977 also in Fort Wayne...Gay/Lesbian Helpline 219-744-1199 Mon-Thur, 7-10 pm, Fri-Sat, 7-Midnight, Sun, 8-9 pm

PFLAG (Parents & Friends of Lesbians and Gays)

Meetings are from 2 to 4 p.m. the fourth Sunday of the month at Christ the King Lutheran Church, Cleveland Road, South Bend. Info...Nancy Mascotte 219-277-2684 or write P.O. Box 4195, South Bend, 46634-4195

SAPPHOS NETWORK

A support/study/social group for North Central Indiana, P.O. Box 118, Kewanna, IN 46939-0118 (219) 595-7542



N.D. BASKETBALL

Jan. 8, vs Miami.....7:00 p.m.

Jan. 14, vs West Virginia.....7:00 p.m.

Jan. 24, vs Providence.....2:00 p.m.

Jan. 31, vs Seton Hall.....2:00 p.m.

THIS OLD HOUSE

by Lee Lynch

I'm beginning to think this house is haunted," Lover said last night.

"No!" I yelped in protest. Not because I find ghosts unnerving or anything.

The last straw came after a joyous and exhausting Thanksgiving celebration. Nothing looked better than closing the automatic garage door behinds us and collapsing onto the nearest couch. But the garage door couldn't close.

We'd bought an old --Realtors would say "vintage" -- house which had "vintage" heavy wooden sliding garage doors. Closed, we would walk right through the gaps. Skunk-sized slugs, rats, possum,, and raccoons had free reign. Not to mention the free rain that blasted in at our cars, bikes and tools.

I was so pleased when the Automatic Door installer arrived the first time. The second time. The third time. The fourth—we've waited and waited and... with cables and track dangling it's open house instead of open sesame. At least he saved us from holiday shopping Thanksgiving Friday.

This is a great house. Really. It's got lathe and plaster walls, except for where it doesn't. The foundation was poured with concrete when they knew how to mix concrete, except in spots where we have to weed the cracks.

Maybe we have mischievous gnomes, we've always had the key and sock-stealing variety.

A wood-burning furnace. How quaint, I thought, how ecological, how economical. How (Gasp! Choke!) smoky. There is a fan, and a fan-gnome inside whose idea of humor is imitating the sounds of an amateur speedway.

This furnace, which hasn't been airtight since Quentin Crisp came out, works on the same principle as a camp fire. Remember toasting marshmallows? How wind shifts into your face? That's what it's like in our house, without marshmallows, s'mores or even tofu weiners to show for it.

We hired a company to convert us to electric heat. No problem. Except did we know that our house is up to the 1941 electrical codes? Before grounding was required or, it seems, much of anything else.

"And your ducting? It's asbestos."

"How come no heat goes to the second floor?"

"Well," answered the Heat Guy, scratching his chin, "When they added on this lil' dining area, they just tore out the duct and never did connect it again. There's no way to get heat up there."

"Come on," I dissented, "there's got to be a way." Two hours later he announced that he could run duct up the side of the wall in the lil' dining area. "Hardly notice it once you hire a carpenter."

At least the house is dry. Mostly. After two tries the plumber eliminated the bathtub leak and the subsequent frog pond in the basement.

This old house is just like my grandma's, especially when cooking smells fill the air. Which they can, now that we've replaced the stove. The Stove Man told us the continuous-cleaning oven that came with the house had been abused. It'd been scrubbed with an oven cleaner and even if the rampaging thermostat were fixed, we wouldn't be rid of the toxic fumes in a millennium.. Grandma's recipes would never taste the same.

Yes, this old house has some problems. We occasionally lament that they will never will end. Then we laugh and remind ourselves that when the refrigerator died it was only because the Pump Repair Guy had messed with the fuse (yes, fuse) box. And when a car sank into the soil atop our new fiberglass septic tank the Tankman, for a fee of course, came right out with a load of gravel.

So what if the toilet flushes itself now and then? So what if the pretty bay window over the sink floods, what easier way to water the plants? So what if no one mentioned the guy next door gets his water from our well?

Our old house has a history, a personality. In Provence or Tuscany it would be considered not merely vintage, but quaint and full of character. The gnomes and ghosts? We'd pay extra for them.

Now and then my paranoia decides the Plumbers, Heat Guys, Electricians, Tankmen, Appliance Repairers, Garage Door Installers, who five days later still hasn't appeared, are taking advantage of two lone women, or couldn't be!, a little homophobic?

A non-gay woman who moved nearby ten years ago reassured me. "Get used to it. Around here, tomorrow is any day after today."

This old house ought to last at least until tomorrow.





COURT OF FRIENDS

Okay, all you singles! Looking for that special someone? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another. Open Arms will run your ad for 2-3 months. You can resubmit/or cancel at any time.

Open Arms reserves the right to edit for length and/or content any letters submitted for publication.

Send your ad to:

The Court of Friends, P.O. Box 845, Mishawaka, In. 46546

You will be assigned an ID number. Your letter and ID number will be published in the next issue (depending upon when we receive your information). Those wishing to respond to a published single, may do so by enclosing their reply in a stamped, sealed envelope with the ID number written in pencil on the front of the envelope. Place your reply into another envelope and mail to the Court of Friends. Your reply will then be addressed to the corresponding single and mailed.

#71 Do you like taking walks and watching the beautiful fall leaves drift to the ground or the soft snowflakes falling silently to your lips?

Do you like laying on your back and watching the stars twinkling above or watching the clouds pass you by?

Do you like being held while watching a movie or just talking?

Would you like a 34 year young GWF who's not a beauty queen, who doesn't have a body of a model, who smokes, drinks occasionally, and has one child?

Would you like a new friend or love? Write me.....

#72 Good day ladies.

I am a feminine GWF, 25 years of age, and new to this area.

I am placing this ad to meet people that would like to converse and introduce me to my new surroundings. I treat people with respect and honor and expect the same in return. If any individuals would like to be treated well, have fun, and want to laugh like never before, please do contact me.

I do not discriminate against age, all please apply.

Since it is winter time, I enjoy many winter activities such as sledding, ice skating, skiing and hockey. Not to mention, I make great hot chocolate to warm up with.

In addition: I enjoy painting, sketching, writing poetry, cooking, watching classic movies, live theater and most important, spending time with friends and (HOPEFULLY) a mate.

Thank you and enjoy your Holidays.

Kind regards.

#73.....S.W. Michigan Area, WGF, 29 years old, Nursing Student. My interests are traveling, having fun, dancing, musicals, movies, nature walks, holding hands and cuddling with someone special. I am also willing to try new experiences. Please write me a letter.....Looking forward to your response.

The great thing in this world is not so much where we stand, as in what direction we're moving.

HEALTH BEAT



Margarine, shortening bad for heart

A large new study offers the strongest evidence yet that something called trans fat, which is the primary ingredient of standard stick margarine and shortening, is an especially unhealthy part of the diet. The mounting mass of data contradicts a generation of scientific advice that switching from butter to stick margarine is a healthy thing to do. On the contrary, the latest study suggests that ordinary stick margarine-though not the newer low-fat spreads- is even worse for the heart than butter. Regular stick margarine is typically 17% trans fat. the biggest sources of trans fat in the diet are cookies, crackers and other commercial baked goods as well as french fries and other deep-fried foods. This research was based on 80,000 plus female nurses who were outwardly healthy when they first filled out dietary questionnaires in 1980. Researchers also calculated that people could reduce their risk of heart disease by 53% if they replaced 2 percent of the calories they take in from trans fat with calories from unhydrogenated, unsaturated fats. Trans fat appears to be especially harmful because it raises the bad LDL, while it lowers the good HDL. Saturated fat is also dangerous but not quiet so much as trans because saturated raised both HDL and LDL. The other main kinds of fat- monounsaturated fat and non-hydrogenated polyunsaturated fat - are both good for the heart. Monounsaturated raises HDL while lowering LDL, and polyunsaturated fat lowers LDL while leaving HDL unchanged. The food industry has already begun to change its products in response to worries about trans-fat. 60 percent of today's margarine and stick spreads contain little or no trans fat.....from the South Bend Tribune

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IN THE NEWS



from the USA Today.....

Madison, Wisconsin is the best overall city for women, according to the November issue of the *Ladies Home Journal*. The 200 largest cities in the USA were ranked based on factors that included low crime rate, good public schools, well paying jobs and quality health and child care. Also in the top 10: Durham & Raleigh, N.C.; Burlington, VT.; Minneapolis, MINN.; Portland, MA.; Pittsburg, PA.; Orlando, FLA.; Rochester, N.Y. and Ann Arbor, MI.

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from Time Magazine.....

Winners & Losers of 1997

Among the winners..... "ELLEN DEGENERES".....Some Year: leaves the closet, raises her ratings, finds a girlfriend and is hugged by Al Gore. To bad the show is still weak.

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from Lavender Morning.....

The Gay & Lesbian National Hotline has announced new hours for its toll-free telephone services. The new hours are Monday thru Friday evenings 6:00 P.M. to 10:00 P.M. and Saturday from 12 noon to 5:00 P.M. All hours are eastern time. The toll free telephone number is 1-800-843-4564 and the services are completely free and anonymous. More information on the Gay & Lesbian National Hotline can be found on the web at www.glnh.org

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from P-Flag.....Notable Websites

Advocate Magazine <http://www.advocate.com>

Between The Lines <http://members.aol.com/BeThLines>

Frontiers Magazine <http://www.frontiersweb.com>

Out Magazine <http://www.out.com>

Washington Blade <http://www.washblade.com>

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WANTED TO RENT

I am looking for a trailer, house or apartment to rent, located anywhere from south of South Bend as far away as Plymouth, that will allow a dog. If you know of any place, please call an Open Arms Staff member and leave your name and telephone number

ATTENTION ADVERTISERS!!

Advertising rates are billed as follows:
for the calendar year beginning January 1, and running 12 months thru december 31, a business card sized insert (2" x 3 1/2") is \$10.00. For a limited time insert, the cost is \$1.00 per month.
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The sky is falling! The sky is falling!

Living our lives like Chicken Little can be quite exhausting. Yet so many of us live from one crisis to another! We have become so accustomed to crisis and deadlines that we feel almost lost if we are not putting out some kind of fire. In fact, if we really were honest, there is something dramatic and exciting about handling a crisis. It makes us feel as if we have some modicum of control in our lives.

We have, however, on occasion wondered if all these crisis are normal and if there is another way to live life that might be a little less exhausting. Even though we are exhilarated in handling these crisis, they do leave us feeling drained. Could it be that those things don't just *happen* to us? That we have a hand in their creation?

As we begin to work on our recovery, we see others around us who do not live from one crisis to another, and they seem to do just fine.....they're even serene.

CRISIS and my illusion of control are not related. I hope I will allow myself to be open to noticing the relationship between the two in my life today.

from Meditations For Women Who Do Too Much
by Anne Wilson Schaef

*We do not remember days;
we remember moments*

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Open Arms exists to disseminate diverse information of interest to the Michiana lesbian community. *Open Arms* is discreetly mailed 12 times a year in a security envelope with a P.O. Box return address only. Our mailing list is kept confidential and never given to other publications or special interest groups.

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January

1998

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				1	2	3
4	5	6	7	8  N.D. vs Miami 7:00 p.m.	9	10
11	12  HAPPY BIRTHDAY to SUZ	13	14  N.D. vs W. Virginia 7:00 p.m.	15	16	17
18	19 Gloria B. & Zeallo B-Day's 	20  BIRTHDAY- WISHES TO SUZANNE & PAULA B.	21	22  Happy Birthday LAURA A.	23	24  N.D. vs Providence 2:00 p.m.
25 Happy- Birthday LORI M. 	26	27	28	29	30	31  N.D. vs Seton Hall 2:00 p.m.